



# Communique

December 7, 2017

A CGH Medical Center Publication

## In This Issue:

- Tuition Reimbursement Program Update
- Pediatric Surgery Bowl-a-Thon
- 2018 HTP Enrollment
- Gingerbread House Decorating Contest
- Thank You
- Caring Fund Scholarship December 11 Deadline
- Eric Behrens on *Chicago Med*
- Culture of Caring
- December Employee of the Month
- CGH Auxiliary Cookie Caper
- Hospital Happenings

## Tuition Reimbursement Program Update

Human Resources has recently been working on the Tuition Reimbursement Program in an effort to streamline the process to become more efficient and effective both for CGH Medical Center and our employees.

We have taken a look at the entire process, and have automated what we can, simplified the rest and will be rolling out these new changes on January 1, 2018. This includes the updated policy (#419) which can be found on Lifeline under Human Resource Policies.



Here are a few of the notable program changes:

- Only fill out the Tuition Assistance Application one time (as long as you stay in continuous classes).
- Complete a check request form on Lifeline for reimbursement (almost ready – will send notification when available)
  - will need to upload a copy of your final invoice (to serve as the receipt)
  - will need to upload a copy of your final grades
- All categories of reimbursement will require a service commitment (see policy #419 for details)

Because so many of our employee's participate in this benefit, we have scheduled some informational sessions with our Staff Development Specialist, Bill McFalls, to talk about the changes to the program and better understand what is expected going forward.

If you are currently participating in the program or are thinking of participating in the near future, you are strongly encouraged to attend one of the sessions below:

- Friday, December 8th at 8:00 am in Classroom #2
- Tuesday, December 12th at 1:00 pm in Classroom #2
- Friday, December 15th at 2:00 pm in Classroom #2

# Pediatric Surgery Bowl-a-Thon



CGH Perioperative Services recently held a Bowl-a-Thon to raise \$1,975 for Pediatric Surgery! The department is purchasing child-friendly transports like Little Tykes pink and blue cars, as well as a new wagon. They are also buying an activity table and chairs for their waiting room, along with books. In addition, they are planning on giving a special toy to each child having surgery.

Special thank you's to Doctors Tugwell, Hanlon, Turley, Thormeyer, McGlone and Martin, as well as Cath Lab, IT and OB for their help with this project!

# 2018 HTP Enrollment

**There is still time to enroll in HTP for 2018!**



The CGH Health Transformation Program (HTP)

teaches participants how to lower blood pressure, control blood sugar, improve cholesterol numbers, and lose pounds and inches in the process. The 2018 program will be open to CGH employees who have been employed at least 90 days and to their family members.

HTP is a one year commitment that includes weekly classes, individual counseling by a certified health coach, and quarterly lab work. As an additional benefit, employees are reimbursed for health club memberships based on a minimum of 11 visits each month. Although there is a fee for the program, it is reimbursed if lab and class attendance requirements are met.

Please contact Sherry DeWalt at ext. 5716 for more information about enrollment.



## Gingerbread House

### DECORATING CONTEST

Sign up in Human Resources and receive a Regulation Size Cardboard Base  
*(You may sign up as an individual or a team)*

Deliver Your Gingerbread House to HR • **December 11 - 15**

*(Offsites Please Send a Photo to HR)*

Judging and Awards Will Be Held • **December 18 - 20**

*(Houses must be created out of 80% edible materials)*



#### Categories for judging include:

Most Jolly, Best Represents CGH, Most Creative, and The People's Choice via Facebook!

*Wear Your Ugly Sweaters*

**December 18 - 26**



## Thank You

I want to say thank you to the CGH Employee Caring Fund for the beautiful plant in memory of my grandfather, Roger Lane. I also want to thank Dr. Steinke and staff for the card that was sent to me.

My family and I really appreciate the plant and the card. Thank you for thinking of us in a time of grief. Thank you again.

**Kayla Shomaker**

*CGH Polo Family Medicine*

I would like to thank all CGHers for coming to my benefit - the donations, money, calls and prayers. Thank you for caring for me after the fire at my house. A special thank you to the CGH Employee Caring Fund for their donation. You will never know how much this has meant to me.

I worked at CGH for 31 years and you are all caring people who I was proud to work with and call my friends. I retired last year and CGH still cares about me. Thank you so much for everything. I am proud to call you my family.

I am in the process of rebuilding and I believe that God will get me through this.

**Jean Decker**

*Retiree*

# Caring Fund Scholarship December 11 Deadline

The deadline for the CGH Caring Fund Scholarship for the upcoming spring semester is **Monday, December 11**. The CGH Caring Fund Scholarship was created in 2014 by the CGH Caring Fund Committee and is funded 100% through CGH Medical Center employee contributions.



The scholarships are for any CGH Medical Center employees who are continuing their education through trade school/college/university and is meant to support those who are pursuing careers in any field. Full- and part-time students may apply.

Four \$500 scholarships are annually funded by the CGH Caring Fund, while two scholarships are awarded per semester.

## Criteria for Application:

- Current full time or part-time employee of CGH Medical Center
- Proof of acceptance in an accredited program
- A brief profile of yourself emphasizing occupational goals (1 page or less)
- 1 letter of recommendation
- Short essay answering both of the following questions:
  - (1) Why are you interested in seeking/building a career in your chosen field?
  - (2) How will receiving this scholarship help you?

## Procedure:

1. Application must be submitted to:  
CGH Caring Fund, c/o Beth Warner  
101 E. Miller Road, Sterling, IL 61081
2. Applications will be accepted once per semester. -
  - The deadline for **Fall semester** will be **July 20**.
  - The deadline for the **Spring semester** will be **December 11**.
3. Monies will be disbursed directly to the school/college at the start of each semester upon receipt of completed registration documentation.
4. Yearly re-application is necessary for consideration to receive award.
5. Proof of enrollment must be presented for each semester before the award will be disbursed to the school.

Please contact Beth Warner at ext. 6110 with any further questions.

# Eric Behrens on Chicago Med



CGH's very own **Eric Behrens** (EMT, Pre-Hospital) is an extra on this season of NBC's **Chicago Med**! Eric has worked at CGH since 2015 as an EMT-B and has been a paramedic for approximately 15 months.

Eric answered a Facebook post for Chicago Med extras and received a call that he had been selected a few hours later.

"At first I thought it was a scam that they would have selected me. But I had to go for a wardrobe fitting and found out that it was as real as it could get," said Eric.

Although he doesn't have any speaking lines, Eric plays a paramedic partnered with an actor on the show. He was in the season premiere and will be in five or six episodes this season.

Eric was given the OK from casting to talk about the show but is unable to provide any of the intricacies of certain episodes and/or characters.

"The shooting process is pretty neat and a cool experience. We start off with rehearsals and watching the process of how the actors bring the characters to life. Then we go to a marked rehearsal where they put tape on the floor to create marks for the actors. The lighting crew and props then go to work," remarked Eric. "The teamwork that the whole crew has to get this done quickly and efficiently is an amazing thing to watch. Then it is just take after take trying to get it just perfect."

Tune in to watch Eric on Chicago Med on Tuesdays at 9 p.m. on NBC!

## Culture of Caring

One Mission. One Vision. One Team.

 COMMUNICATION

# DECEMBER 2017

## Employee of the Month



**Jamie Wagenknecht**  
Clerk Receptionist,  
Diagnostic Imaging



**I live in:** Milledgeville

**Joined CGH on:** November 23, 2015

**Education:** Sterling High School

**Family:** Daughters, Kaitlyn (24) and Kailee (20); son, Kyle (18); and significant other, Darren

**Proudest Achievement:** My children, my faith and this award

**Hobbies:** Spending time with my family, spoiling my granddaughters and crafting

Jamie Wagenknecht is an incredible co-worker and excellent representative of our Radiology department and CGH Medical Center. Jamie consistently goes the extra mile demonstrating excellence in all of the standards of behavior, even on the toughest days. She has a warm smile and welcoming demeanor with a great balance of empathy, compassion and fun with all of the customers she takes care of (doctors, patients, visitors and co-workers). Every day at the Radiology front desk it is apparent that Jamie actively works on maintaining a standard of excellence being very cognizant of "Attitude, Teamwork, Respect, Communication and Appearance" along with helping others do the same. Many times throughout the year these attributes have been brought to my attention by others. It is obvious that Jamie's personal code of ethics match CGH Medical Center's making her a tremendous asset to our Radiology team. We are very proud to have Jamie representing our department!

~ Cheri Parker and the Radiology department

**We congratulate her on being chosen December's Employee of the Month.**

*Purpose, Worthwhile Work, Making a Difference!*

### Hospital Happenings

#### Yoga Classes

Yoga classes are being offered in the CGH Ryberg Auditorium on the following **Monday's: December 11 and 18.** Class begins at 5:15 p.m. The instructor is Carly Wike and the cost is \$5 per class.



Please note that these classes are only open to CGH employees and to HTP students from our workplace wellness partners. Class length is approximately 60 minutes. If you have a yoga mat, please bring one. Wear comfortable, loose fitting clothing. Yoga is traditionally performed in bare feet. The money from this class, less instructor fee, will be donated to the CGH Health Foundation's Nutrition & Fitness initiative. If you have any questions, please contact Sherry DeWalt at ext. 5716.

#### Early Management of MI

Join **Dr. Thomas Kurian**, CGH Clinical and Interventional Cardiologist, for a physician/staff lunch and learn on the Early Management of Myocardial Infarction on **Friday, December 8 at 12 p.m.** in the CGH Ryberg Auditorium. Lunch will be served. Please RSVP to Tyler Lawson at Tyler.Lawson at www.cghmc.com.

*it's back!*  
**COOKIE CAPER**

FRIDAY DECEMBER 15TH  
7AM • TILL SOLD OUT!

LOCATED IN • CLASSROOM 1 & 2

**COOKIES • CAKES • CANDY  
PIES & AUXILIARY RAFFEL!**

CASH & CHECK ONLY • NO PAYROLL DEDUCT

#### Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**January 4**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**December 14, January 11**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**December 21, January 18**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**January 19**) at Westwood Fitness & Sports Center in Sterling.